



Tranquillity Suite Menu

This menu has been tailor-made to work hand in hand with the Luxe Spa. It is based on a microbiotic diet with the goal of spiritual and physical wellness. This diet is plant based with the aim to avoid toxins that come from eating meat and oily foods.

Thai Style Buddha Bowl | €10.25

1,2

This Thai inspired dish is packed with freshly prepared vegetables, rich in vitamins with wild rice and served with a peanut dressing

Zucchini Salad | €10.25

GF 7

This simple but tasty dish has fresh mint, courgette, carrots, tomatoes, spinach, quinoa and pickles high in vitamins k and a.

Rice Paper Rolls | €11.50

GF 8

Another thai inspired dish, this light dish has fresh vegetables wrapped in rice paper and served with side salad and a basil hummus dip which has many health benefits including, lowering blood sugar better digestive health, lowering heart disease and promotes weight loss.

GLT Sandwich | €11.50

1

With wasabi guacamole, lettuce and tomato served in a sourdough baguette with leafy green salad. Guacamole contains monounsaturated fats that help with heart health and is high in potassium that helps regulate blood pressure.

Vitamin Boosting Juices | €4.80

The immune booster beetroot and apple juice drink rich in vitamin c
or

Orange, banana, and spinach this juice is packed with vitamins c, b6, manganese, fibre and potassium that helps lower blood pressure.

Cucumber & Watermelon Gazpacho | €6.50

This cold soup is high in nutrients and antioxidants

Ginger & Bok Choi Soup | €6.50

Ginger is often used in treatment of arthritis & inflammation

Smokey Black Bean Soup | €6.50

5

Black Beans are high in fibre, potassium, folate & vitamin B6 all support heart health & decrease the risk of heart disease